



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVIII, ISSUE 7

A newsletter for D.C. Seniors

July 2003

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

The month of July is here, and most of us are desperate to dry out from all the rain we have had. But don't forget the dangers of the sun. Summer heat can be dangerous, especially for the elderly and children.

Remember that if you go out during the day when the temperature is above 90 degrees, wear loose-fitting and light-colored clothes. Stay hydrated by drinking water and liquids that are not overly sweet and do not contain caffeine. Limit your alcohol intake as well.

If you are walking during the peak hours for the sun (between noon and 2 p.m.), use a parasol or a wide-brimmed hat. Try to go out during the morning hours to conduct essential business or try to schedule appointments earlier in the morning. Most importantly, just stay cool.

Those seniors who attended the 39th Annual Senior Citizens' Day and Senior Expo at the new convention center had a great time. We had something for everyone as we celebrated this year's theme: "What We Do Makes A Difference." See the wonderful pictures of the event on the following pages.

Also, see all the great information we have prepared for you. Stay cool and enjoy the summer months with family and friends.

### YOUR FEEDBACK IS NEEDED

The D.C. Office on Aging is seeking public comment on the Draft State Plan for 2004-2006 as required by the Older Americans Act. The Plan establishes goals and objectives that will:

- make it easier for older Washingtonians to access health and social supports;
- help older Washingtonians stay active and healthy;
- support families in their efforts to care for their elderly relatives at home and in the community; and
- ensure that the rights of the institutionalized and non-institutionalized elderly are protected, and prevent their abuse, neglect and exploitation.

For a copy of the plan, call 202-724-5626. Comments are due by July 15. A copy of the Draft Plan may be viewed at Martin Luther King Library's Washingtonian Division. The library is located at 916 G St., N.W.

## D.C. Medicaid and Long-Term Care:

### Finding Help to Pay the Costs

Long-term care includes both assistance at home and care in nursing facilities. For short-term care, individuals may pay for services themselves or rely on Medicare or a private insurer. However, Medicaid is the only program that pays for services at home or in a nursing facility for the long term.

Below are the answers to a few common questions about Medicaid and both kinds of long-term care.

### What is Medicaid?

Medicaid, also called Medical Assistance, is a program that pays the medical bills of certain lower-income individuals and those with high medical expenses. It is administered for D.C. residents by the District of Columbia, and pays medical bills — including nursing home care or, sometimes, care in your home — with federal and local funds.

### What is Medicare?

Medicare is a federal insurance program that pays medical bills for persons age 65 or older, no matter how much money they have. Medicare also helps disabled persons who are under age 65 who have been receiving Social Security Disability Insurance (SSDI) payments for two years, and certain persons with kidney failure. Medicare pays for nursing home services only under very limited circumstances.

### What determines if Medicaid will pay for someone's care?

In order for Medicaid to pay for long-term care, the person must be eligible for Medicaid and need substantial help with their daily activities. To determine if someone is eligible, we will check to see that the person is:

- at least 65 years old or disabled;
- a U.S. citizen or qualified alien; and
- a District resident.

Finally, we will check the person's income and resources (assets). Individuals may receive at least some help from Medicaid even if their incomes are relatively high.

### If someone prefers to live at home, can they get services there?

D.C. Medicaid pays for many services that help people to remain living in their homes. These services include home nursing, personal assistance (e.g., help with bathing, cooking, etc.) and elder day care. For additional information about home-based services, call (202) 442-9055.

### Will Medicaid cover everything?

No, not always. If someone eligible for Medicaid

needs home care services, Medicaid will pay for most costs, though there will be some limits. If a Medicaid client is in a nursing home, most customers will pay part of the cost (based on their income) directly to the nursing facility; Medicaid will pay the rest. Medicaid will provide payment for hospitalizations and other needed services.

### What will happen to my spouse if I go into a nursing home?

Medicaid uses special rules to protect a spouse's income and assets. Also, Medicaid will generally not count a house or car as an asset, so a spouse can continue to live at home as before.

### How do I apply for Medicaid?

We encourage all applicants to start the Medicaid application process as soon as it becomes apparent that help will be needed with daily activities. To receive a Medicaid application, please call the Income Maintenance Administration (IMA) Customer Service Line at (202) 724-5506. If a customer has already been admitted to a hospital or nursing home, they may ask the hospital admissions office or social work staff for help in applying for Medicaid.

### What will I need to do when I apply?

When you apply, you will need to complete and sign an application form. The application form will request complete and detailed information on your financial situation. We will ask for some documents as proof of the information on your application. We will need these items before a decision on your eligibility can be made. An interview may be required as part of the application process. A friend or relative can help you, and you can also call IMA Customer Service at (202) 724-5506 for assistance.

### How do I make sure that I continue to get Medicaid?

Once a year, D.C. Medicaid staff will review your eligibility to make sure your situation has not changed. This is called recertification or renewal. A customer or his/her family can choose to have their case manager or the nursing facility complete the annual recertification process. Please speak with a case manager or the nursing facility's social work staff to make these arrangements.

### Who should I call with questions about Medicaid?

If you need any assistance with eligibility or have questions about the patient contribution amount, call (202) 724-5506. For questions regarding home-based services, call (202) 442-9055.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

# SENIOR DAY 2003

something for everybody



Rise 'n' fly bid whist.



Demonstration bingo had a large crowd, too.



E. Veronica Pace poses with special guest, WOL talk show host Joe Madison, Virginia Hayes Williams and a volunteer.



Arabelle Steppers performed.



Our exhibitors.



Participants were offered chair massages.



Many types of health screenings were available.



## D.C. OFFICE ON AGING NEWSLETTER



Pin one on for breast cancer awareness.



The clown entertained the seniors with face painting and balloon animals.



The "Black Eagle" speaks to the audience.



Iverson Mall Walkers/Line Dancers include both men and women.



Caregivers were there, too.



Sometimes it takes two.



Emergency staff was on duty just in case.

PHOTOS BY ADRIAN R. REED

SENIOR DAY 2003  
something for everybody

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## July events

### 3rd • 1 p.m.

Celebrate Independence Day with EOFULA Spanish Senior Center. Show your patriotic pride and have fun, too, at 1844 Columbia Rd., N.W. For details, call 202-483-5800.

### 10th • 1 p.m.

Dealing with loneliness? Are you feeling depressed? Do you need to talk with someone? Attend this informative workshop and learn how to connect with life again. Workshop is free and held at the Senior Citizens Counseling and Delivery Service Center, 2451 Good Hope Rd., S.E. For directions, and/or more details, call 202-678-2800.

### 14th • 10:30 a.m. to noon

IONA's Stroke Support Group, 4125 Albemarle St., N.W., offers an opportunity for stroke survivors and their caregivers to share experiences and to meet others who are also coping with the effects of strokes. No fee, but donations are requested. For registration and information, contact Christine Jackson at 202-895-9455, cjackson@iona.org.

### July 14th and 21st, August 4th

Catch your dinner with Senior Citizens Counseling and Delivery Service. Join the Ronnie Albert Fishing Club and enjoy the relaxing sport of boat fishing. Boat departs from Kent Island. Cost is \$50, including transportation to and from Kent Island and boat fishing fee. Call 202-678-2800 for more information.

### 17th • 8 a.m. to 4 p.m.

Annual Sandy Point Beach trip with Senior Citizens Counseling and Delivery Service. Enjoy the warm breezes as you relax on the beach and eat a picnic lunch. Bus leaves from the center at 2451 Good Hope Rd. The cost of \$15 includes round trip transportation, food and beverage. Call 202-678-2800.

### 17th • 10 a.m. to 2 p.m.

You'll join Barney Neighborhood House Senior Program for a "Southwestern Hoe Down." Come prepared to kick up your cowboy boots, dance and enjoy a Southwestern meal. Reservations are required. Donation is \$1 for lunch. This will take

place at the Kennedy Street Center, at 504 Kennedy St., N.W. Contact Emily Hill at 202-939-9020 by July 9th.

### 19th • 2 to 5 p.m.

Join Columbia Senior Center for Family Day 2003. The celebration will feature an open house, dancing, games, entertainment, an arts and crafts display and healthy refreshments. Columbia Senior Center is located at 1250 Taylor St., N.W. For more information, contact Nancy Piness at 202-328-3270.

### 20th • 1 to 4 p.m.

Family Day 2003 at Model Cities Senior Wellness Center, 1901 Evarts Street, N.E. Seniors and their families are welcome to take a tour and enjoy refreshments, entertainment and activities with the center's seniors. For more information, call Model Cities Senior Wellness Center at 202-635-1900.

### 21st • 7:30 to 9 p.m.

Attend a seminar, "Paying for Care: Medicare, Long-Term Care Insurance and Beyond" at IONA. Led by Michael Knipmeyer, Health Insurance Counseling Project, GWU Law School, at St. Columba's Church in the Great Hall, 4201 Albemarle Street, N.W. For further information, call 202-895-9455.

### 24th • 8 a.m. to 7 p.m.

Columbia Senior Center takes a trip to Ocean City. The bus leaves from the center at 1250 Taylor St., N.W. Donation: \$20. For more information, call Monica Carroll at 202-328-3270, ext. 11.

### 25th • 11 a.m.

Columbia Senior Center will be attending Takoma Theatre's production of "Ain't Misbehavin'." Donation: \$10. For more information, call Monica Carroll at 202-328-3270, ext. 11.

## Early August event:

### August 1st • 9 a.m. to 5 p.m.

Columbia Senior Center will be heading to the Midway. Donation of \$6 includes a buffet lunch. Bus leaves from center at 1250 Taylor St., N.W. For reservations, call Monica Carroll at 202-328-3270, ext. 11.

## Ongoing Support Groups

The following support groups meet regularly at IONA, 4125 Albemarle St., N.W. There is no fee to attend, but donations are requested. For more information, call or e-mail the contacts listed below for each group.

### Thursdays, July 3, 10, 17 & 24 • 10:30 a.m. to noon

The Caregiver Support Group is an ongoing discussion open to anyone providing primary care to a loved one with chronic illness. Contact Margaret Johannsen 202-332-9585.

### Wednesdays, July 9 and 23 • 12:30 to 2 p.m.

Share resources, experiences, concerns and fears in this support group for caregivers of people with moderate to advanced Alzheimer's disease. Contact Ruth Chertkov at 301-585-3436.

### Thursdays, July 10 and 24 • 10 to 11:30 a.m.

The Low-Vision Support Group focuses on the emotional aspects of coping with vision loss. Contact Karima Selehhar at 202-895-9452 or kselehhar@iona.org.

### Thursdays, July 10 and 24 • 10:30 to 11:30 a.m.

Coping with Memory Loss offers support to seniors with memory loss. Members discuss the impact of memory loss on themselves and their loved ones. Contact Cheryl Shreiner at 202-895-9478 or email cshreiner@iona.org.

### Fridays, July 11, 18 and 25 • 11 a.m. to noon

The Parkinson's Disease Support Group offers an opportunity to share concerns, challenges and losses associated with this chronic disease. Contact Deborah Rubenstein at 202-895-0249 or DRubens@iona.org.

### Tuesdays, July 14 and 28 • 12:30 to 2 p.m.

Support Group for Caregivers of Individuals with Dementia will meet to share concerns, achievements and frustrations involved in caregiving. Contact Carlene Costello at 202-895-9445 or ccostello@iona.org.

## Intergenerational Camp for Caregivers

If you're the primary caregiver of a young person, come join us for a week of fun in the sun on the Potomac River.

From August 4 to 8, the D.C. Office on Aging and D.C. Parks and Recreation present the Second Annual United Generations Caregivers' Camp at Camp Riverview in Scotland, Md. To qualify to attend this camp, which is **FREE**, you must be:

- at least 60 years of age,
- a primary caregiver of a youth between the ages of 8 and 18 residing in your home,
- a resident of the District of Columbia, and
- have a legal relationship to the care recipient.

A maximum of three youths between the ages of 8 and 18 may accompany you to the camp. Camp staff will attend to the youths while you relax and enjoy the week.

For more information, contact Parks and Recreation at **202-282-0753**.

## Volunteer with the Urban League

Volunteers are needed at the Center for the Deaf and Hard of Hearing and the Center for the Blind and Visually Impaired. Both centers are operated by the Greater Washington Urban League Aging Division and are located at 2900 Newton Street, N.E.

Persons are needed in the following areas: Arts and crafts, guides and escorts, and assistance with lunches.

To volunteer, please call Corinne Harried, program manager for the Deaf Program, or Wesley Cooke, program manager for the Blind Program, at 202-529-8701.

## GED Testing Center

The GED Testing Center has begun testing at the One Stop Career Center at 1500 Franklin Street, N.E. The exam will be offered on the last Friday of every month, and consists of a full day of testing. The test is also available in Spanish on a separate date. For more information, call 202-274-7173.

### SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001  
202-724-5622 • www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**  
Darlene Nowlin, **Editor**

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.